# Family & Consumer Club

*Volume I, Issue 2* *Panther Valley Junior Senior High School* *January 2025*

**Membership**
Open to grades 7–12

**Meeting Times**
Tuesdays, 2:15–3:30 p.m.

**Meeting Location**
High School, Room 63B

**Advisor**
Mr. J. Costa
costaj@panthervalley.org
Phone Extension #4112

**About the Club**
The purpose of the Family and Consumer Club is to help students gain real-world skills needed for adulthood. These include cooking, sewing, communication, and child development. We also share information about career paths in the fields of hospitality, culinary arts, education, childcare, and textiles, among others.

**Social Media**
*Follow us on Instagram!*
@pvfamilyconsumerclub

*From left: Paige Goida, Jazlynn Finley, and Alixzander Bauder using the sewing machine.*

## FCS: What's in a Name?

*By Mr. Costa*

2025 has begun and the Family & Consumer Club has returned for weekly lessons in essential life skills. To our members, the reason for our club is well known, but to outsiders, the name sometimes confuses them. Let's look at it a bit closer. **Family** speaks to the ability to establish and maintain a suitable living space. **Consumer** looks at making wise decisions with our resources. **Science** reminds us to be precise and put thought into our choices. *Attend a meeting to learn more!*

## Writing a Resume

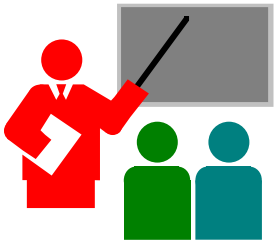
*By Mr. Costa*

Have you ever wondered what a resume should look like in 2025? The days of paper resumes are over; now, resumes are uploaded to applicant tracking systems online. ***Here are four quick tips:*** One page only! No personal pronouns! Use only one font! Write short, clear statements! You have one page to make a strong first impression.

## Student Profile: Nevele Matias

*By Mr. Costa*

At the beginning of her eighth-grade year, Nevele Matias learned of the Family & Consumer Club from one of her classmates and was immediately interested in joining. She has since become a regular attendee. "I enjoy the club and getting to learn new things," said Nevele. Her favorite activity so far was creating a color wheel and learning how to create hues with paint. Nevele takes the skills she has learned in the club and practices them on her own. "I am cooking a lot more," she said. We appreciate Nevele's active participation and dedication to the club!



## New Classes for 2025-2026!

Two new classes will be offered during the 2025-26 year: **Child Development**, which is about caring for children, and **Interpersonal Communication**, which is about building "soft skills." Students in grades 9 through 12 may sign up for either class.

**Family & Consumer Club Newsletter**

This newsletter is published each quarter
to highlight the events and activities of
The Family & Consumer Club
at Panther Valley Junior Senior High School

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Graphics..... Jake Kattner

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## Word Scramble

Can you un-scramble these words?

**onecmurs** _____

**tlhimbe** _____

**rnuitoitn** _____

**gsidne** _____

**etxselti** _____

**plifenas** _____

**ulrcanyi** _____

**iafncne** _____

**lmifya** _____

**edcuontai** _____

## *Try It!* Make a Pin Cushion

*By Mr. Costa*

- *Materials: 1 bottle cap, a 4"x4" fabric square, hand sewing needle, thread, 1-2 cotton balls, scissors, and a hot glue gun.*

Trace the top of a round drinking glass onto fabric. Cut out the circle. Place a cotton ball (or two) in the center. Thread a hand sewing needle. Stitch a circle of stitches that is parallel but not too close to the cut edges. Allow the fabric to close around the cotton ball. Take a clean bottle cap and hot glue the open end of the cushion to the inside of the bottle cap.

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*Family and Consumer Sciences is the people-centered science, focused on supporting individuals, families, and communities live healthy successful lives through the provision of education, research, and technology.*

- *American Association of Family & Consumer Sciences (AAFCS)*